

Research and Program Assessment Data

VA/DoD PATIENT PERSPECTIVES PROGRESSIVE TINNITUS MANAGEMENT: PATIENT WORKBOOK

Progressive Tinnitus Management (PTM) is an evidence-based approach used in the VA and DoD to help patients with tinnitus. This patient-centered strategy has been shown to be effective in managing reactions to tinnitus.

The PTM Patient Workbook was published in 2010, and updates are needed. VA and DoD patient interviews were conducted to understand how to best update the PTM materials. Below is a summary of findings.

Key takeaways:

- ◆ Patients provided valuable feedback that will make the Workbook more accessible, such as online formats.
- ◆ Clinical practice and exercises will be improved based on patient feedback.
- ◆ More information on hearing protection devices was requested.
- ◆ Patients feel PTM is helpful and want more people to know this help is available.

The PTM Patient Workbook is being revised. An abbreviated version of the original material is now available online.

VA/DoD Tinnitus Working Group



To view Patient Resources, [click here](#)

To view the abbreviated version of the Patient Workbook, [click here](#)

